

# 5 Tips to Designing Your Own Empowering Morning Routine



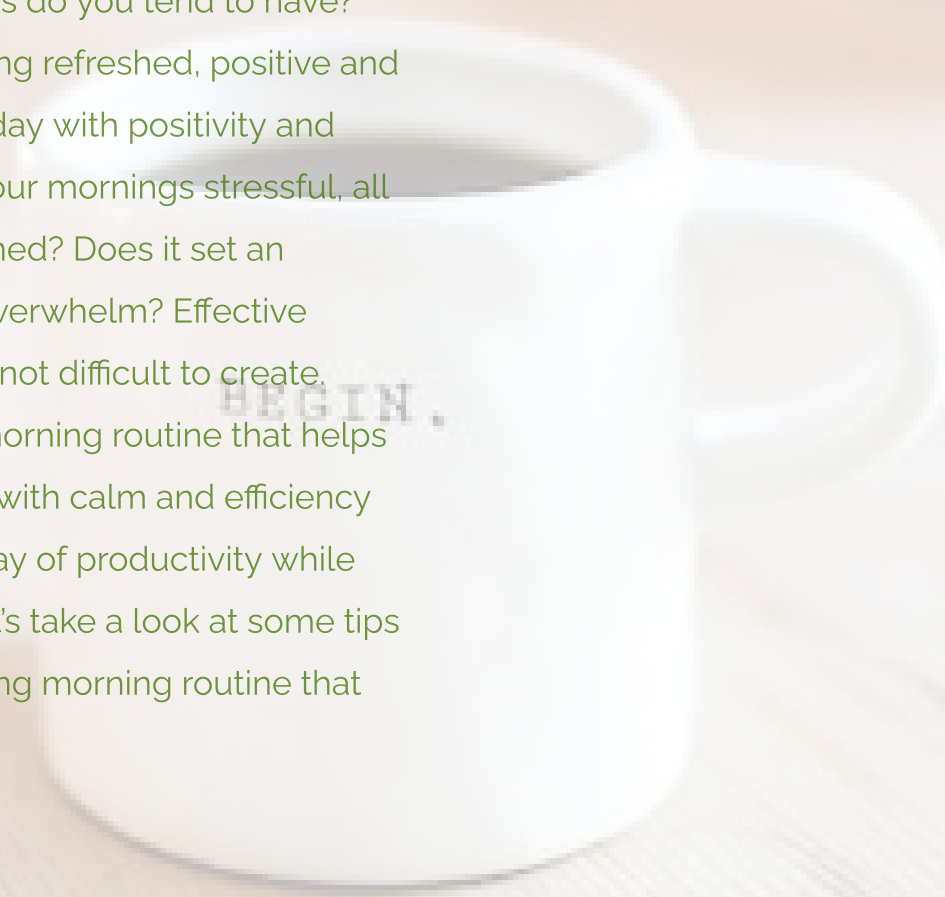
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## A Morning Routine for Calm, Efficiency & Success

Mornings. The start of a brand new day. Our mornings pretty much set the tone for our entire day. The energy of our day, our mindset is all determined within seconds of opening up our eyes to a brand new morning. Typically what type of mornings do you tend to have? Do you wake up feeling refreshed, positive and ready to take on the day with positivity and confidence? Or are your mornings stressful, all over the place or rushed? Does it set an energy and tone of overwhelm? Effective morning routines are not difficult to create. Having an effective morning routine that helps you to start your day with calm and efficiency will get you off to a day of productivity while feeling grounded. Let's take a look at some tips for creating an amazing morning routine that works for you.





## Tip 1

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# Set a Positive Tone for Your Entire Day

The start of your day can set the tone for everything else that follows, which is why a morning routine that starts in positivity is critical for success throughout your day.

**Some common elements in the successful morning routines of a surveyed group of 300 successful leaders & entrepreneurs include:**

- **Exercise:** Some form of physical movement first thing will get your body and circulation going and your day off on the right foot.
- **Reading:** To feed your mind with thoughts and ideas of inspiration to start the day.
- **Breakfast:** Eating a healthy meal or drinking a nutritious smoothie fuels your body and your brain so you can tackle whatever the day throws at you.
- **Quiet reflection:** This can be meditation, journaling, prayer, moments of silence and other forms of reflection.
- **Visualizations:** The mind is very powerful in setting the tone of your day. Visualization allows you to intensely and thoroughly imagine having a terrific day.
- **Affirmations:** A powerful way of reminding yourself that you CAN, whatever it happens to be. Devoting some portion of your morning to remind yourself that “you’ve got this,” is a great way to reinforce your confidence before starting your day.



## Tip 2

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# A Great Night's Sleep to Jump Start Your Day

No matter who you are or what you do, you'll likely find that waking up on the right side of the bed has a tremendous impact on your day. For many, a good morning begins with getting a great night's sleep. In fact, getting the right amount of sleep can be just the jump you need to be in high gear all day long.

**Tips to help you get the sleep you need without sacrificing responsibilities:**

- ***Designate quiet hours:*** We all need about eight hours of uninterrupted sleep as much as possible. Try designating 9 hours each day in which you will be unavailable. And stick with it.
- ***Start and keep a sleep schedule and keep this schedule consistent.*** This requires going to bed at the same time and getting up at the same time every day whenever possible.
- ***Eliminate technology from the bedroom*** to reduce the temptation to continue working or watching television rather than sleeping.
- ***Do not eat within 3 hours of bedtime*** as digestion slows when asleep.
- ***Stop watching and working on devices*** such as mobile phones, computers and television at least an hour before



### Tip 3

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## Get Up Early! - How Waking Up Earlier Can Drive Success All Day

Have you ever wondered what you could do with one extra hour or two in your day? Just think of all the things you can accomplish by just giving yourself only one more hour of productivity each and every day.

**Here are some suggestions of what you could do (& yes you can do ALL of these activities in only an HOUR):**

- ***Time for Silence*** I use 5–15 minutes every morning to meditate to start my day calm, peaceful, and with clear thoughts.
- ***Time for Affirmations*** I use affirmations of positive words of encouragement and self talk as soon as I open my eyes to put myself on the path to accomplishing my goals for the day. This amazing activity only takes about a minute.
- ***Time for Visualization*** I take 10 minutes to do this to envision myself living my goals & dreams in order to achieve the success I desire faster.
- ***Time for Exercise*** I do 10–15 minutes of exercise in the morning as it maintains physical fitness and gets the blood flowing and pumping throughout your body – especially to your brain.
- ***Time for Reading*** I do this via audiobooks while I get ready in the morning to fill my mind with productive, positive thoughts while also improving and learning.
- ***Time to Write*** This 10–20 minute activity helps me to become more self-aware and allows me to better



## Tip 4

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# Complete Some Essential Tasks the Night Before

Mornings can be chaotic, hectic, and out of control when you have tons to do from the get go of your day. It sets you up to be reactive rather than being proactive. When things go bad in the initial hours of your morning, it creates a chain reaction that often dooms the rest of your day.

**Here are some things you can take care of the day or night before:**

- ***Prepare Healthy Breakfasts and Lunches***

Do food preparation at night or even on the weekends so you can wake up to healthy, nutritious breakfasts and lunches that are ready to go.

- ***Plan Your Work Day the Night Before***

Prepare your mind the night before by knowing what's on your calendar and creating a list if needed.

- ***Have All Papers & Bags Packed and Ready to Go***

Make sure papers and bags are ready to go the following morning before turning in for the night for both you and the kids.

- ***Lay Out Your Outfit the Night Before***

Plan your outfits down to your accessories so you're never left searching for critical items or changing clothes at the last minute.



## How Lists Can Be of Great Benefit

You've likely seen or learned that lists can be invaluable tools for remembering things, staying on track and setting and accomplishing goals. However, one of the uses of lists often overlooked is establishing an effective morning routine. Writing lists can help you get out the door morning after morning with minimal fuss and no important items or thoughts left behind.

**Here are a few ways using a list can help you in the morning:**

- Ensures you don't forget important documents, items, etc.
- Helps you maintain order in the chaos of your morning routine.
- Provides reminders to the entire family about their responsibilities in the morning.
- Allows you to enjoy small moments of accomplishment at the beginning of the day.
- Gives structure to your mornings. You can even use your lists to create timelines for accomplishing specific goals.



BONUS!

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## *Self-Assessment:*

What Areas do YOU need to focus on for an Empowering Morning Routine? Let's find out!

Answer the following questions to determine what areas you need to address for your own empowering morning routine.

1. How would you describe your typical weekday morning?

- I jump out of bed, ready to start the day!
- I hit the snooze button.
- I want to play hookie and go back to sleep.

2. How do you spend your time in the mornings before work?

- I have enough time to eat a good breakfast and leisurely get to the office on time.
- I have just enough time to shower before racing out the door.
- I'm always late and grab a power bar for breakfast.

3. How would you describe your mood in the morning?

- Happy to be alive!
- Give me coffee.
- Don't even talk to me until after lunch.





BONUS!

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## *Self-Assessment Continued:*

4. Do you feel like you use your time wisely?

- Yes, I have a steady stream of work that I finish on time.
- Sometimes, there's always room for improvement.
- Never, I'm always working after hours and never feel caught up.

5. Do you take time for self-care every day?

- Yes, I wouldn't miss it!
- Not every day but I sure enjoy it when it happens.
- What's that??

6. Do you ever suffer from brain fog or distracted thinking?

- No, can't say that I do.
- Sometimes, when I'm stressed out.
- Every minute of every day! There's too much to keep track of.

7. How do you spend your evenings?

- Relaxing and preparing for the next day.
- Spending time with my family.
- I fall asleep on the couch by 9pm.



BONUS!

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## *Self-Assessment Continued:*

8. Do you know what tasks you **MUST** get done tomorrow, either at home or at work?

- Yes, I have my list all set and ready to go.
- Kind of...
- No idea. I'll wing it in the morning.

9. How would you describe your stress level on any given day?

- Manageable most days.
- Sometimes I wake up with a stress headache.
- I have a constant pit in my stomach like the world will cave in.

10. How would you rate the amount of sleep you get each night?

- 7+ hours and I feel great.
- About 5 hours is all I can afford to give myself.
- I'm running on empty most days.

If you chose the first answer to most of these questions, then you likely have a good grip on your productivity and I suspect you already have a morning routine that works for you. Of course, there's always room for improvement, especially if stress is affecting your health and you're not making time for self-care or relaxation.

Remember, healthy habits do not take a long time to create.

Simply add a small habit each day to your morning routine



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